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10 WAYS TO STRESS LESS...

STRESS LESS
01. DANCE IT OUT
02. GO FOR A WALK
03. TALK ABOUT IT
04. BREATHE
05. GO TO BED EARLIER
06. FOCUS ON WHAT YOU CAN CONTROL
07. REMINISCE ABOUT GOOD TIMES
08. ASK FOR A HUG
09. LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES
10. SMILE
UNITFORFITNESS